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Welcome to 2005! Being that it is still the beginning of the year, you are probably still wrestling with New Year's resolutions. Or maybe you have already made them and have given up on some. Let's talk about resolutions for a minute.

Resolution means "the state or quality of being firm or determined; pursuing a fixed purpose". Guess why many of us that proclaim New Year's resolutions fail? We are not determined, focused or resolute. Our "resolutions" are made from the "I should" or "I have to" state of mind. These states of mind are disempowering. They rob us of our desire to achieve a different result.

We can look at this another way. A goal is "an aim or objective, the end toward which effort is directed". A resolution is "the quality of NOT allowing difficulties or opposition to affect one's purpose".

According to Stephen Covey, author of The 7 Habits of Highly Effective People and The 8th Habit, From Effectiveness to Greatness, we make mistakes with regard to resolutions.

1. We don't have a clear knowledge of who we are. We allow our habits to become our identity.
2. We don't have a clear picture of where we want to go. When we lose direction, we give up.

I bet this is starting to resonate with you.

You are probably shaking your head and saying to yourself, "Yeah, I've done this before".

Now, the big questions:

- How much longer are you going to allow yourself to accept less than what you are capable of and that you deserve?
- Will this be the year you make positive changes in your life to benefit your health and well-being?
- Is now the time to really focus on working towards a strong financial future?
- How much longer will you listen to the internal dialog that says, "Yes, but I am too tired today." "I can't afford it now." "It's too hard." "I can do it later"?
- Today is the beginning of your future. You are in control of the choices you make.
- Choose to focus on who you really are. Determine where you really want to go. Start drawing your road map.

As in all things, when the road is blocked, navigate around the roadblock!

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GARDENER'S ACTION PLAN FOR JANUARY 2005 ©

Renée Canali, Personal Life Coach

Become resolute

Another year has just begun! I look forward to making this year the best year yet!

What plans do you have for this year? Have you made any resolutions for yourself? If so, have you taken some time to draw a roadmap for yourself? A plan of action that will take you in the direction you have resolved to take on this year's journey?

A roadmap can take many forms. It can be a set of goals, objectives and supporting strategies. It can be a series of steps you have chosen to take to move you forward. You can also use affirmations as a roadmap, allowing your affirmations to guide your thoughts in the direction you have chosen.

Or, it can be a combination of things that you design to support you in your quest.

Whatever method of "transportation" you use on your journey to a better, richer, more rewarding year (and life), remember that a roadmap is a tool. A roadmap offers many options, depending on how you like to travel. Do you like the fast road or do you enjoy the scenery as you move forward? Do you like a combination of fast and slow progress; sometimes moving with the flow and sometimes choosing to take in what life has to offer along the way?

If you have ever taken a trip and used a "triptik" from AAA, you know that AAA gives you the most direct route, highlighted for convenience. They also include all other roads, bridges, ferries, etc. you may choose to take if you want or need to deviate from the mainstream.

Your plan should be very similar. You should have a clear direction and path you want to take. However, you should plan contingencies for roadblocks, construction, bad weather and detours.

- ❖ Set your determined path.
- ❖ Plan where you want to start, what you will need to get you there.
- ❖ Gather supplies and tools.
- ❖ Be prepared for unplanned stops.

Like many road trips you have taken before, you may have a variety of things you want to do along the way. Make these a part of the overall plan. Remember, there are many ways to reach your destination and nothing is set in stone. Here are a few ways I can support you:

- Free 30 minute coaching session
- Free monthly newsletter (sign up to receive it by email)
- Individualized coaching
- Seminars
- Group coaching calls

If you are interested in joining a coaching group to support you in defeating the procrastination bug, or to experience an individual coaching session at no charge, send an email to Renee@landofpossibility.com or call (301) 279-2363. All rights reserved. May be reproduced with copyright statement and credits intact.